

8 March 2006
Wednesday

READINGS

Psalm 53; Genesis 37:25-36; I Corinthians 2:1-13; Mark 1:29-45

DEVOTION

Today's reading from the Gospel of Mark reveals Jesus as a healer. He teaches us that we are incapable of perfection, that we will forever need God's grace. Humans are susceptible to disease – illness of the body as well as illness of the Spirit. Lent is the season for renewal and preparation for the great sacrifice through which we are redeemed. One Catholic tradition of Lent is to forego some pleasure or shortcoming in Sin that distracts from the coming Easter sacrifice. As a child, the long 40 days of Lent meant no candy or one hour less of TV, nearly unbearable sacrifices.

This Lent, rather than give up something, try seeking Grace through observance, reflection, and a focused effort to grow closer to the Lord. My Lenten ritual is to fast and abstain from meat on Ash Wednesday and each Friday of Lent. I will set aside time each of those days to meditate on a passage from the Bible. I will seek healing. Do not be discouraged by failure or be frustrated by a return to old habits. Remember that Jesus heals, reaches out to the faithful, and accomplishes what we can not do on our own: "The people were all so amazed...this man has authority to give orders to the evil spirits, and they obey him!" Surrender your weakness and have faith that Jesus will heal you.

MAJ Mark Evans, 27th Trans Bn